



# Snack Sense

A menu planning tool to provide fun, healthy and budget-friendly snacks for children in after school and out-of-school time programs

*Snack Sense* aims to help managers and staff to incorporate the Environmental Standards for Healthy Eating into their regular snack time routine at a low price.

## Environmental Standards for Healthy Eating

- ★ Do not serve sugar-sweetened beverages
- ★ Serve water every day
- ★ Serve a fruit and/or vegetable every day
- ★ Do not serve foods with trans fat
- ★ When serving grains (like bread, crackers and cereal), serve whole grains

*Snack Sense* includes tips for buying healthy and inexpensive snacks, information on each of the Environmental Standards, budget-friendly sample snack menus and a shopping guide.

## Budgeting for healthy snacks

Although people worry that healthy foods can be expensive, there are a lot of healthy snack options that are inexpensive. When shopping, remember to select foods that are consistent with the **Environmental Standards for Healthy Eating**.

- Buy fresh fruits and vegetables that are **inexpensive and available year-round**, like bananas and baby carrots. More examples are listed on page 5!
- Buy canned fruits in **100% juice or light syrup** and canned veggies **without added salt**. Stock up on canned fruits and veggies when they are on sale because they don't go bad!
- **Avoid highly processed and refined packaged foods** like cookies and animal crackers. These can be expensive, less healthy and may contain trans fats.
- Serve **tap water** instead of sugar-sweetened beverages - tap water is a refreshing, healthy, no-calorie beverage that is virtually free!
- Buy foods that are **on sale**.
- **Buy in bulk**. If available, buy snacks from a wholesale retailer (e.g., BJ's®, Costco®, or Sam's Club®). Or, buy snacks in **large containers**; individually wrapped "single serving" sizes are expensive.
- Buy **generic or store brand foods**, which are usually less expensive than brand names.



### Did you know?

The USDA reimburses up to 74¢ for each after school snack. In order to be reimbursed, a snack must contain at least two of the following:

- Grain/bread
- Fruit or vegetable or 100% fruit juice
- Protein/meat/meat alternate
- Milk

For more information or to see if your after school program is eligible, visit

[www.fns.usda.gov/cnd/Care/Regs-Policy/Snacks/Snacks\\_QAs.htm](http://www.fns.usda.gov/cnd/Care/Regs-Policy/Snacks/Snacks_QAs.htm)  
or [www.fns.usda.gov/cnd/after school/nsfp\\_qa.htm](http://www.fns.usda.gov/cnd/after school/nsfp_qa.htm)



### Do not serve sugar-sweetened beverages

Why shouldn't you serve soda, juice drinks, or sports drinks? Because they all contain **sugar**! Sugar-sweetened drinks are the top source of added sugar in kids' diets. Drinking too many high sugar drinks increases the risk for overweight in kids. These drinks add extra calories our bodies don't notice. Soda, juice and sports drinks can also cause **dental cavities**. Diet sodas contain **artificial sweeteners**. They train kids to crave "sweetness" in drinks and foods. Their long-term safety is not fully known, so it is best to avoid them. All of these sugary drinks are much more expensive than tap water which costs only pennies! Even 100% juice should be limited according to health experts. Remember, juice doesn't substitute for whole fruit.

#### Do not serve these drinks in your after school program!

- ✗ Soda
- ✗ Sweetened iced teas
- ✗ Fruit punches and fruit-ades
- ✗ Fruit drinks
- ✗ Sports drinks
- ✗ Energy drinks
- ✗ Drinks with sugar substitutes, like diet soda



### Serve water every day

Water is a great drink choice for kids. It is **calorie-free and low cost** from your nearest tap! Make sure that a pitcher of water and cups are available every day at snack time. Kids should also drink plenty of water when they are playing and being active. Even with a slice of fruit or splash of 100% fruit juice, this is the most **inexpensive** beverage option you can make available to children after school.

#### Jazz up water with these simple tricks!

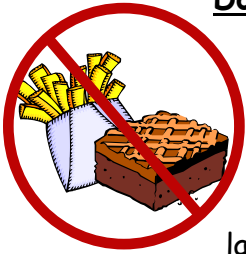
- ★ Add sliced fruit like oranges to the water for a light yummy flavor
- ★ Serve sodium-free seltzer water
- ★ Mix a splash of 100% juice with sodium-free seltzer water
- ★ Mix 4oz of water with 4oz of juice for a refreshing drink



### Serve a fruit and/or vegetable every day

Fruits and vegetables are full of **vitamins, minerals and fiber**. A diet high in fruits and vegetables can help kids grow and fight illness. The fiber and water in fruits and vegetables also help you to feel full. Serving 100% juice doesn't substitute for whole fruit! Some fruits and veggies are less-expensive in season, such as strawberries and blueberries. On the other hand, many fruits and veggies are inexpensive year-round. Check out the ***Snack Sense Shopping Guide*** for some examples of inexpensive fruits and veggies frequently served in YMCA after-school programs!

### Do not serve foods containing trans fat

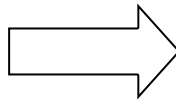


Trans fat is an unhealthy fat because it **increases the risk of certain diseases**.

Trans fat is often hidden in packaged foods like muffins, cookies, brownies and crackers. Some brands of popcorn and peanut butter may have trans fat too. Read nutrition labels and only select foods with 0g of trans fat. By law, products containing up to 0.49 grams trans fat per serving can still be listed on the nutrition label as 0 grams trans fat. Check the ingredient list and avoid buying any foods that list "**partially hydrogenated oils**"; this means there are trans fat in the food.

#### Look for and avoid trans fat in these popular after school snacks...

- ✗ Saltine and oyster crackers
- ✗ Ritz crackers
- ✗ Animal crackers
- ✗ Chex Mix
- ✗ Fig Newtons
- ✗ Graham crackers
- ✗ Teddy Grahams
- ✗ Vanilla Wafers
- ✗ Cheese nips



#### ...at similar prices, try these healthier options instead!

- ★ Whole wheat bread
- ★ Cheerios
- ★ Whole grain goldfish crackers
- ★ Whole wheat mini bagels
- ★ Triscuit crackers
- ★ Whole wheat pita bread
- ★ Whole wheat pita chips

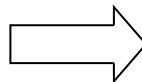
### When serving grains (like bread, crackers and cereals), serve whole grains



Whole grains contain **fiber, vitamins and healthy fats** that are good for you and help you feel full longer. Many of these nutrients are not contained in refined "white" flour or sugar. Whenever possible, substitute whole grain products for refined grain foods; whole grains are often available at the **same price as refined options**. These are some frequently served snack foods at YMCA after school programs that are available as whole grain for a similar price!

#### Instead of servings these grains...

- ✗ White bread
- ✗ Bagel
- ✗ English muffin
- ✗ Tortillas
- ✗ Goldfish crackers
- ✗ Saltine crackers



#### ...serve these whole grains instead!

- ★ Whole wheat bread
- ★ Whole wheat mini bagels
- ★ Whole wheat English muffins
- ★ Corn or whole wheat tortillas
- ★ Whole grain goldfish crackers
- ★ Triscuit crackers
- ★ Whole wheat pita bread

## Snack Sense Sample Menus

Below are some sample snack menus that YMCAs are serving at after schools. These menus are great because they achieve all 4 Environmental Standards for Healthy Eating, they qualify for USDA snack reimbursement AND they are less than 74¢! \* Remember! Tap water should be served at every snack for virtually no cost. What a bargain!

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1 snack</b>	Apple slices, Peanut butter	Celery, Raisins, String cheese	Oranges, Triscuit crackers	Tomato wedges, String cheese	Whole wheat spaghetti, Tomato sauce
<b>Beverage</b>	Water & 1% milk	Water	Water with splash of 100% fruit juice	Water	Water with orange slices
<b>Week 2 snack</b>	Whole wheat crackers, Oranges	Egg salad w/mayo, Whole wheat bread, Cucumber slices	Banana, Peanut butter, Raisins	Colored pepper slices, Cheese	Whole grain Goldfish crackers, Raisins
<b>Beverage</b>	Water	Water & 1% milk	Water	Water & 1% milk	Water
<b>Week 3 snack</b>	Salsa, Beans, Corn tortilla chips	Broccoli, Couscous	Fruit canned in 100% juice, Whole wheat pretzels	Baby carrots, Hummus	Applesauce, Popcorn
<b>Beverage</b>	Water	Water with splash of 100% fruit juice	Water	Water	Water & 1% milk
<b>Week 4 snack</b>	Banana, Oatmeal	Tuna salad w/mayo, Baby carrots, Wheat Thins	Trail mix (nuts, sunflower seeds, dried fruit)	Peanut butter, Whole wheat mini bagel, Raisins	Banana, Cheerios
<b>Beverage</b>	Water	Water	Water & 1% milk	Water	Water & 1% milk

Occasionally, you may want to do a special cooking project. Here are some examples of special snacks less than \$1.50 per serving!

<b>Snack</b>	Whole wheat spaghetti, Tomato sauce, Shredded cheese, Sliced peppers	Corn tortilla, Black beans, Shredded cheese, Salsa	Lettuce salad, Italian dressing, Whole wheat pita bread	Whole wheat English muffin, Shredded cheese, Tomato sauce
<b>Beverage</b>	Water	Water & 1% milk	Water	Water

\*Note: The price of foods and beverages are estimates based national price averages. Prices in the area where you shop may be more or less expensive.

Adapted with permission from *Food and Fun After School*, President and Fellows of Harvard College and YMCA of the USA. Accessible at:

<http://www.hsph.harvard.edu/prc/ymca/resources.html>.

## Snack Sense Shopping Guide



Fruits, vegetables, proteins and grains are the building blocks of healthy bodies. Each day at snack, offer a fruit or veggie AND a protein or grain. Serving sizes are on the Nutrition Facts Label of packaged foods. In general, 1 medium fresh fruit or  $\frac{1}{2}$  cup of chopped or canned fruit counts as a serving. One serving of dried fruit is  $\frac{1}{4}$  cup. 1 cup of raw leafy veggies or  $\frac{1}{2}$  cup of other vegetables is one serving. These are standard serving sizes, but children may eat more or less of a food based on individual needs. For more information on serving sizes, see our *Snack Sense Serving Size Guide*!

Below are some examples of budget-friendly healthy options for fruits, veggies, proteins and grains that YMCAs are serving in their after school programs!

***Offer a fruit or vegetable option every day!***

### **Fruits**

- Apple slices
- Apricots
- Raisins
- Banana
- Applesauce
- Canned fruit in 100% juice
- Grapes
- Oranges
- Dried mixed fruit without added sugar
- Avocado
- Frozen berries

\*Avoid fruit snacks, fruit leathers, roll-ups and other synthetic "fruit".

### **Vegetables**

- Celery
- Salsa
- Frozen peas
- Canned corn niblets
- Cucumber
- Colored pepper slices
- Baby carrots
- Broccoli
- Lettuce
- Tomatoes

\* Avoid French fries and tater-tots.

***Offer a protein or grain option every day!***

### **Whole Grains**

- Whole wheat bread
- Triscuit crackers
- Couscous
- Quinoa
- Whole wheat bagels
- Whole grain Goldfish crackers
- Cheerios
- Corn tortillas
- Whole wheat tortillas
- Whole wheat English muffins

\*Avoid! Whole grain foods with trans fats. Make sure trans fat is 0g. Do not buy anything with "partially hydrogenated" in the ingredient list.

### **Protein**

- Canned black beans
- Hard boiled egg
- Peanut butter
- Tuna
- String cheese
- Mixed nuts
- Hummus
- Yogurt
- Cottage cheese

\*Nut allergies are a serious issue. Make sure no one is allergic before serving ANY products with nuts.

## Snack Sense Serving Size Guide\*

What counts as a serving? It depends on the type of food! Check out the general guidelines below and a few examples for each type of food. For packaged foods, check the nutrition label - it lists the serving size! Note that serving sizes are standard serving sizes for planning purchases, but children may eat more or less of a food based on individual needs.

### **Fruits**

In general, 1 medium fresh fruit or  $\frac{1}{2}$  cup of chopped or canned fruit counts as a serving. One serving of dried fruit is  $\frac{1}{4}$  cup.

Here are some examples of  
1 fruit serving!

- 1 medium banana
- 1 medium apple
- $\frac{1}{2}$  cup of sliced strawberries
- $\frac{1}{2}$  cup canned pineapple or peaches
- $\frac{1}{4}$  cup of raisins or dried cranberries
- $\frac{1}{4}$  of a medium avocado

### **Veggies**

In general, 1 cup of raw leafy vegetables or  $\frac{1}{2}$  cup of other vegetables (cooked or raw) counts as 1 serving.

Here are some examples of  
1 vegetable serving!

- 1 cup of baby spinach or lettuce
- $\frac{1}{2}$  cup of baby carrots
- $\frac{1}{2}$  cup of sliced cucumbers
- $\frac{1}{2}$  cup of cherry tomatoes
- $\frac{1}{2}$  cup of tomato sauce

### **Whole Grains**

One slice of bread, about 1 cup of cereal or  $\frac{1}{2}$  cup of cooked cereal, rice or pasta is one grain serving.

Here are some examples of  
1 whole grain serving!

- 1 slice of whole wheat bread
- 1 whole wheat tortilla (7 inches in diameter)
- 1 cup of Cheerios
- $\frac{1}{2}$  cup of couscous
- $\frac{1}{2}$  whole wheat English muffin
- 6 Triscuit crackers
- 50 whole grain Goldfish crackers

### **Protein**

One cup of yogurt,  $1\frac{1}{2}$  ounces of cheese, 2 tablespoons of peanut butter,  $\frac{1}{2}$  cup of beans and  $\frac{1}{3}$  cup of nuts is one serving.

Here are some examples of  
1 protein serving!

- 1 hard boiled egg
- 1 cup of yogurt
- 1 stick of string cheese
- $\frac{1}{4}$  cup of shredded cheese
- 2 Tbs hummus
- $\frac{1}{2}$  cup of black beans
- $\frac{1}{2}$  can of tuna
- $\frac{1}{3}$  cup of almonds or mixed nuts



- Please note that serving sizes are recommended portions and MAY NOT reflect the required portion to be served in reimbursable snacks. Visit [www.isbe.net/nutrition](http://www.isbe.net/nutrition) for more information on Afterschool Snack Program requirements.

### Snack Sense Calculator

The price of foods and beverages in *Snack Sense* are estimates based on national price averages. Prices in the area where you shop may be more or less expensive. Use the *Snack Sense Calculator* worksheet to find out the price per serving of the snacks at your program! Note that calculating serving sizes are standard serving sizes for planning purchases and estimating price, but children may eat more or less of any snack based on individual needs.



**Instructions:** Fill out the worksheet below for 1 week. You can do this every few months to see if there are differences in the price of the snacks you serve. The "Servings Per Container" (row C) is on the Nutrition Facts Label of packaged foods. For fresh fruits, a medium-sized fruit or  $\frac{1}{2}$  cup of cut-up fresh fruit is one serving. For fresh vegetables, 1 cup of raw leafy veggies or  $\frac{1}{2}$  cup of other vegetables is one serving.

	EXAMPLE	Monday	Tuesday	Wednesday	Thursday	Friday
A. Food/Beverage #1	<i>Whole grain pretzels</i>					
B. Price paid	<i>\$1.99</i>					
C. Servings per Container	<i>12</i>					
D. Price per Serving (÷ Row C by Row B)	$\$1.99 \div 12 = \$0.16$					
A. Food/Beverage #2	<i>Banana</i>					
B. Price paid	<i>\$0.19 each</i>					
C. Servings per Container	<i>1</i>					
D. Price per Serving (÷ Row C by Row B)	$\$0.19 \div 1 = \$0.19$					
A. Food/Beverage #3	<i>Tap Water &amp; cup</i>					
B. Price paid	<i>\$0.03</i>					
C. Servings per Container	<i>1</i>					
D. Price per Serving (÷ Row C by Row B)	$\$0.03 \div 1 = \$0.03$					
Price of total snack per serving: (Add all Row D's)	$\$0.16 +$ $\$0.19 +$ $\$0.03 =$ $\$0.38 \text{ per serving}$					